




# When you realize the beast is you



- Recognize the negative narrative you have in your mind.
  - NAME your beast: Is it depression, anxiety, loneliness, low self-confidence?
  - SPEAK your beast: Verbalize your feelings and dark thoughts.
  - Bring your darkness to the light. Speak to a trusted friend or counselor. There is an immense sense of power you gain by using your voice & telling your story!
  - FEEL your beast: Go through the motions of sad feelings with the knowledge that this too shall pass & there is always help out there.
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- Speak only kind words to yourself.
  - Acknowledge your braveness and courage.
  - Forgive yourself.
  - Acknowledge that you can and will live through and alongside this.
  - Reach out and help someone else if you recognize they are in need too.

SISTERHOOD  
*diaries*

